

Wheat FOOD CHALLENGE APPOINTMENT GUIDELINES -

- Be sure your child does not eat anything for 1 hour prior to the appointment. Fluids are allowed.
- Be prepared to stay for 2.5-3 hours.
- Please be sure your child is off **ALL** antihistamines for a minimum of 72 hours (optimally, 1 week) before the food challenge visit.
- Bring your epinephrine autoinjector (EpiPen/Auvi-q/Adrenaclick).
- If your child is sick with fever or respiratory symptoms, or is having an eczema, allergy, or asthma flare, call our office (434-982-3654) before coming for your appointment.
- Please call our office (434-982-3654) **A MINIMUM OF 48 HOURS IN ADVANCE** of your food challenge appointment if you are unable to keep the appointment.
- Please read the specific food challenge instructions below.

Wheat Challenge:

Please bring at least 2 of the following in addition to the mixer for your wheat challenge:

1. Cream of wheat (any brand)
2. Wheat chex (any brand)
3. 2 slices of wheat bread (not gluten-free)
4. Please also bring yogurt, a fruit puree, or pudding, your child's favorite spoon, and a microwaveable bowl for mixing. Bring enough of the wheat product and mixer for you to eat (it helps for your child to see you eat the challenge foods).